

April 2025

# Sandstone

850 N 2450 E, St. George UT 84790 | (801) 372-3059



**BOYS & GIRLS CLUBS**  
OF SOUTHERN UTAH

The mission of the Boys & Girls Clubs of Utah County is to inspire and enable all young people, especially those who need us most, to realize their full potential as productive and responsible citizens and leaders.



Our Social Emotional Learning Focus this month is Improving Yourself Continually and Positive Action Review

Happy  
Birthday



Rozelyn - April 6th  
Maddox - April 7th  
Taimane - April 10th  
Audri - April 18th  
Ryker - April 19th  
Alyssa - April 20th  
Osius - April 24th

## UPCOMING EVENTS

Spring Recess: April 18th-21st

## CLUB CLOSED

Spring Recess: April 18th-21st



## Get To Know



### Ashtyn Bowles

YDP

My name is Ashtyn Bowles (or Albrecht) I am 21. I am from Beaver, UT. I was on the softball, soccer, cross country, track, and speech and debate team in high school. I loved playing sports in high school and still love to be a part of sports to this day!

## CONTACT INFORMATION

**Gabbie Brotemarkle**  
**Site Coordinator**

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## PARENT RESOURCES

[Parent Handbook](#)  
[Membership Handbook](#)

## Power Hour

Monday-Thursday 4:10 - 4:55

During Power Hour, our goal is to help members reach their reading minutes, as well as give students opportunities to receive help with their homework to ensure a better understanding.

## STEM Labs

Fridays during 'Rotations'

Members will have the opportunity to participate in STEM labs. They will learn how science, technology, engineering, and math can be used daily.

## Enrichment/Clubs

Monday/Wednesday: 4:45 - 5:25

Enrichment clubs are offering our members opportunities to participate in a variety of activities which will continue to change as the year progresses.

## Social Emotional Learning (Prevention & Behavior)

Tuesday/Thursday 4:50 - 5:25

Positive Action curriculum provides members with important social-emotional skills that can help them throughout life.

Friday 1:10 - 2:10

Coping Skills to provide our students with healthy outlets, such as deep breathing, journaling, physical activity, drawing, listening to music, etc.



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Utah State Board of Education



# Sandstone After School Program 2024-2025



**BOYS & GIRLS CLUBS  
OF SOUTHERN UTAH**

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Learning Self-Improvement	31 <b>Club Day:</b> Historical Artist Club Track and Field Club Power Hour	1 Social Emotional Learning Positive Action (P) L110: "Getting Where You Need to Go" L 117: Improving Yourself Continually Using Social / Emotional Positive Actions" Power Hour	2 <b>Club Day:</b> Historical Artist Club Track and Field Club Power Hour	3 Social Emotional Learning Positive Action (B) L111: Goals for Getting Healthy" L 118: Improving Yourself Continually Using Social / Emotional Positive Actions" Power Hour	4 Social Emotional Learning STEM Rotation Physical Rotation Creative Rotation Team Bonding Fire Drill
Persistence & Perseverance	7 <b>Club Day:</b> Culinary Club Soccer Club Power Hour	8 Social Emotional Learning Positive Action (P) L114: Believing We Can Do More, Be More" L 119: Improving Yourself Continually Using Social / Emotional Positive Actions" Power Hour	9 <b>Club Day:</b> Culinary Club Soccer Club Power Hour	10 Social Emotional Learning Positive Action (B) 1173: "Buck Up and Do It" L 120: Improving Yourself Continually Using Social / Emotional Positive Actions" Power Hour	11 Social Emotional Learning STEM Rotation Physical Rotation Creative Rotation Team Bonding
Goal Setting	14 <b>Club Day:</b> Culinary Club Soccer Club Power Hour	15 Social Emotional Learning Positive Action (P) L 118: "Turning the Big, Bad Stuff into the Big, Good Stuff" L 122: Improving Yourself Continually Using Social / Emotional Positive Actions" Power Hour	16 <b>Club Day:</b> Culinary Club Soccer Club Power Hour	17 Social Emotional Learning Positive Action (B) L 121: "How You Improve Your Body" L 132: "Positive Action Review: Five Steps to a Healthy Self-Concept" Power Hour	18 <b>No Club Spring Recess</b>
Preparing for the Future	21 <b>No Club Spring Recess</b>	22 Social Emotional Learning Positive Action (P) L93: "What You Can Do" L 142: "Positive Action Review: Five Steps to a Healthy Self-Concept" Power Hour	23 <b>Club Day:</b> Culinary Club Soccer Club Power Hour	24 Social Emotional Learning Positive Action (B) L 129: "Getting A Bigger, Better Picture" L 139: "Positive Action Review: Five Steps to a Healthy Self-Concept" Power Hour	25 Social Emotional Learning STEM Rotation Physical Rotation Creative Rotation Team Bonding
Post Surveys	28 Social Emotional Learning Post Surveys	29 Social Emotional Learning Post Surveys	30 Social Emotional Learning Post Surveys	1 Social Emotional Learning Post Surveys	2 Social Emotional Learning Post Surveys

## Daily Schedule

Monday/Wednesday	Tuesday/Thursday	Friday
3:30-4:10 Snack, Feelings Check in & Physical Activity 4:10-4:15 Wash Hands 4:15-4:50 Club Time 4:55-5:25 Power Hour 5:25-5:30 Clean Up, Snack, Gratitude 5:30 Pickup	3:30-4:10 Snack, Feelings Check in & Physical Activity 4:10-4:15 Wash Hands 4:15-4:50 Positive Action 4:55-5:25 Power Hour 5:25-5:30 Clean Up, Snack, Gratitude 5:30 Pickup	12-12:30 Check-in, Physical Activity & Feelings Check-in 12:35-1:05 PM Snack, Updates, Schedule 1:10-2:10 SMART Moves, Kid Grit, or other Social Emotional Learning 2:15-2:45 Youth Bonding Activity/Super Snack 2:50-3:35 Rotation 1 (Creative, Physical, or STEM) 3:40-4:25 Rotation 2 (Creative, Physical, or STEM) 4:30-5:15 Rotation 3 (Creative, Physical, or STEM) 5:20-5:30 Gratitude 5:30 PM Snack & Pickup

## Contact Info

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## April Club & Activity Details

### **Message to Families:**

As we step into April, we are excited to share the engaging activities we have planned for the month! Our clubs this month include culinary club and a soccer club. In addition to these enriching activities, we are wrapping up our Social Emotional Learning (SEL) curriculum, Positive Action, which has helped students build essential life skills such as self-awareness, responsible decision-making, and positive interpersonal relationships. We're looking forward to a productive and exciting month of growth and learning!

### **Social Emotional Learning**

**Positive Action** - Social Emotional Learning curriculum is an evidence-based program that is integrated into afterschool activities to build a positive environment throughout the program -- an environment that encourages students to do their best and be their best. Positive Action teaches real-life concepts that help students feel good about themselves. This program is run Tuesday & Thursday with new topics each week. The August theme is Philosophy and Thoughts-Actions-Feelings Circle.

**SMART Moves** - This is a BGCA Social Emotional Learning curriculum that is evidence-based and focuses on building positive relationships, decision-making/critical thinking skills, learning how to avoid/resist harmful substances/circumstances, and bullying prevention. This program is run on Fridays with new topics each week.

**Coping Skills** - There are various types of coping skills that kids can use, including emotional, behavioral, and cognitive strategies. Emotional coping skills, like deep breathing or journaling, help kids process and express their feelings in a safe way. Behavioral strategies, such as engaging in physical activity or drawing, provide a healthy outlet for energy and stress, while cognitive techniques like positive self-talk encourage kids.

### **Academic Support:**

**Power Hour** - The main focus is to help youth complete homework assignments, practice sight words, and master a new learning skill. We aim to help youth reduce missing assignments by aligning with school-day teachers and completing daily assignments at programs to allow family time at home.

### **STEM Labs:**

**Science** - Youth will be able to participate in a new experiment or activity every Friday. Youth will focus on learning about observation, hypothesis, estimation, and the scientific process in these experiments.

**Engineering** - Youth have the opportunity to participate in engineering projects and activities every Friday. Youth will focus on learning about building, creating, brainstorming ideas, and working on team and individual tasks.

### **Collaboration:**

**Team Bonding** - Youth get to participate in team bonding every Friday. Team bonding is the chance for youth to get to know the other students in the program through group games and activities. This also allows them to use teamwork and critical thinking to succeed in activities and enhance their relationships with those in the program.

### **Enrichment Clubs:**

**Culinary (No Bake) Club**— This club focuses on creating delicious treats and savory snacks that come together simply by mixing, chilling, or pressing ingredients, offering a fun, safe, and hands-on experience. With no heat involved, it's a great option for young chefs to explore new recipes, experiment with flavors, and gain confidence in the kitchen—all while enjoying the instant gratification of their tasty creations! This club will be offered every Monday and Wednesday.

**Soccer Club**— Soccer club is an exciting and energetic environment where kids can develop their skills, build teamwork, and have fun playing the world's most popular sport. Whether they are learning the basics of dribbling, passing, and shooting, or refining more advanced techniques like strategic positioning and defense, soccer club provides a great opportunity for children to stay active and improve their athletic abilities. This club will be offered every Monday and Wednesday.

